

Answer Sheet (Test #1)

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.

*** This Answer Varies Depending On Each Student**

2. What professional football team does the female P.E. teacher love with a passion?

*** Green Bay Packers**

3. **WHEN** the **INTERCOM** comes on what do you do?

*** Sit Down & Be Quiet**

4. **The bone** that is located on **your hip is called?** This is the bone that is located where the step counter is placed.

(A) Illy Crest Bone

(B) Iliac Crest Bone

(C) The Crest Bone

(D) The Crest Iliac Bone

5. **How many step calories** have you **personally loss** in pe class? The answer is located on the **step counter sheet** in pe class.

*** This Answer Varies Depending On Each Student**

6. **LIST [2]** online **VIDEO** games that you can **FIND ON THE PE WEB SITE?**

*** Food Attack**

*** Fitness Challenge**

*** Picnic Adventure**

*** School Day Maze**

*** Burger Boggle**

*** Boko Body Quiz**

7. When standing up & **MOVING** your heel **TOWARD** your gluteus maximus, **WHAT** muscle are **YOU USING?**

(A) Your Biceps Femoris

(B) Your Gluteus Maximus

(C) Your Vastus Medallis

(D) Your Anterior Tibialis

8. **List [3]** ways you can earn **extra credit** in **pe** class.

- * **The web site**
- * **Help teachers clean up after class**
- * **Sign up to be a team captain**
- * **Download Extra Credit assignments from the website**

9. When **laying in the hurdler position** on your **gluteus maximus** **WHAT** muscle are you stretching?

(A) Your Biceps Femoris

(B) Your Gluteus Maximus

(C) Your Vastus Lateralis

(D) Your Anterior Tibialis

10. **LIST 3** types of exercises that can help **YOU** lose calories?

* **Most All Physical Exercises**

11. **WHAT MUSCLE** enables you to tap your toes on the ground?

(A) Your Biceps Femoris

(B) Your Gluteus Maximus

(C) Your Vastus Lateralis

(D) Your Anterior Tibialis

12. **WHAT** is the **FEMALE P.E. TEACHER'S** favorite professional football team?

* **The San Francisco 49ers**

13. The **NUMBER** of yards for our timed run is _ *** 551.1** _____ .

14. Name any **[2] MUSCLES** that are located in your **LEG**?

* **Vastus Lateralis M.**

* **Vastus Intermedius M.**

* **Vastus Medialis M.**

* **Solus M.**

* **Sartorius M.**

* **Gastroc M.**

15. **WHAT** type of transportation does the **MALE P.E. TEACHER** use to get to school?

* **A Bike (BIG RED)**

16. **WHAT** is the name of the **FEMALE P.E. TEACHER'S** dog?

* **Fidget The Midget**

17. **WHAT [2] MUSCLES** are located in your **CALF REGION**?

(A) Your Gastoc & Your Soleus

(B) Your Vastus Lateralis & Your Rectus Abdominus

(C) Your Vastus Lateralis & Your Vastus Intermedius

(D) Your Anterior Tibialis & Your Gluteus Maximus

18. **WHAT** is the **NAME** of the **PRINCIPAL**?

*** Ms. Lea**

19. **WHAT** are the names of the **MALE P.E. TEACHER'S** dogs?

*** Oliver -- * Bennett -- * Morgan**

20. **WHAT** is the **NAME** of the **WALL** w/ Brett Farve?

*** The Farve-Ret Wall**

21. **WHAT** is the name of the **stretch** that we do when sitting on your **gluteus maximus** ?

*** The Inverted Hurdler Stretch**

22. **SPELL** both your physical education teachers names?

*** Ms. Salter & Mr. Malik**

23. **WHAT** is the **NAME** of the **ASSISTANT PRINCIPAL**?

*** Ms. Baldivia**

24. **LIST** at least [3] items that you are graded on in PE class? [**HINT: One Is Participation & they are all located on the PE Grading Sheet.]**

*** Participation & Effort**

*** Tests**

*** Skills & Fitness Points**

25. **WHAT MUSCLE** is located on the **OUTSIDE PART** of you thigh?

(A) Your Biceps Femoris

(B) Your Gluteus Maximus

(C) Your Vastus Lateralis

(D) Your Anterior Tibialis

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• **ON THE BACK OF THIS SHEET LIST SPELL ALL YOUR CLASSMATES NAME [10 extra pts.]**